

5-Ingredient Slow Cooker Honey Mustard Chicken

Here's an easy, 5-Ingredient, yummy slow cooker honey mustard chicken recipe! Freezer meal directions AND an oven method option are provided too.



Prep Time	Cook Time	Total Time
5 mins	6 hrs	6 hrs 5 mins

Servings: 6 to 8 servings Author: Gwen

Ingredients

- 6 skinless boneless chicken breast halves, cut into large chunks
- 1 to 2 red bell peppers sliced
- 1/2 cup honey
- 1/2 cup prepared mustard
- 2 teaspoons smoked paprika
- salt and pepper to taste
- Almonds & fresh parsley for garnish totally optional

Instructions

1. Crockpot Directions:
 2. Lightly butter, oil or spray the crockpot insert.
 3. Place the chicken in a single layer in the crockpot.
 4. Top the chicken with the bell pepper slices.
 5. Mix the honey, mustard and paprika in a small bowl and pour over the chicken.
 6. Cover and cook on low for 5 1/2 to 6 hours (time will vary depending on the size and thickness of your chicken breasts). Alternately, cook on high for 3 1/2 to 4 hours.

Oven Directions:

1. Preheat oven to 350 degrees.
2. Sprinkle chicken breasts with salt and pepper as desired.
3. Place in a lightly greased 9x13 inch baking dish.
4. Mix the honey, mustard, and paprika in a small bowl.
5. Pour 1/2 of this mixture over the chicken, and brush to cover.
6. Bake in the preheated oven for 30 minutes.
7. Turn chicken pieces over and top with the bell peppers.
8. Pour the remaining sauce over both chicken and the peppers.
9. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear.
10. Let cool 10 minutes before serving.

Freezer Prep Directions:

1. Pour the honey and mustard directly into a pre-labeled 1-gallon freezer bag.
2. Add the paprika, zip the bag closed and squeeze and shake the bag to mix the ingredients.
3. Add the chicken and peppers and zip closed.
4. Turn and shake the bag several times to coat the chicken.
5. Slightly unzip the bag and remove as much air as possible.
6. Freeze flat and use within 2 months.